



## TIPS FOR ADULTS TO KEEP IT GOING

The following are some ways to encourage **The Right Stuff** in your children, grandchildren, students, siblings, and any other young adolescent in your life:

1. **Believe in adolescents and their abilities** by praising their attempts as well as their achievements. Encourage them to express their opinions, feelings, and beliefs in positive ways rather than through getting involved in unhealthy behaviors such as alcohol, tobacco, and other drug use and other risky activities.
2. **Talk with adolescents and listen to them.** Be open in your discussions and if you disagree with some of their ideas, discuss your concerns with them rather than shut them out. By keeping an open line of communication with them you are letting them know that they can turn to you in times of trouble and need. Showing adolescents that you respect them as individuals and care about their views encourages them to respect themselves.
3. **Help adolescents understand** that alcohol, tobacco, and other drugs are unhealthy and dangerous. Always be very clear with your "no use" expectations. Let them know that by using these substances, they can not only hurt themselves now, but also that they could ruin their long-term chances to lead healthy, productive, and happy lives. To get the straight facts about the dangers and consequences of alcohol, tobacco, and other drug use, call the Alcohol and Drug Information Clearinghouse at 1-800-648-4444.
4. **Help adolescents get the necessary tools** to make good decisions and resist peer pressure to use alcohol, tobacco, and other drugs, or to participate in any other risky activities. By helping adolescents develop skills in critical thinking, communications, and building solid relationships, you help empower them to handle themselves in awkward and potentially dangerous situations. If you need help in doing this, call the Alcohol and Drug Information Clearinghouse at 1-800-648-4444 to receive a free copy of *Growing Up Drug Free: A Parent's Guide to Prevention*.



5. **Get involved in their education.** Encourage them to see difficult subjects as exciting challenges they can overcome rather than as impossible tasks. Share with them stories of the difficulties you went through in school to make them see that they are not the only ones who have ever had problems with their school work. Encourage them to talk to their teachers and counselors and offer to help them with their school work.
6. **Help adolescents develop critical thinking** and questioning skills by taking time to watch TV or listen to music with them. Discuss the images shown and messages given and how these can affect the way a person thinks and behaves. This will teach them to question what they see and hear, and to learn how to form their own opinions.
7. **Actively support their goals** by providing as many opportunities as you can for them to participate in sports, the arts, and other activities such as neighborhood youth groups, faith groups, and volunteer organizations. In this way you will help them explore their interests, learn new skills, make new friends, and become competent and confident people.
8. **Together with the adolescents in your life,** plan special activities that you can do together, and include their friends when possible. This will not only strengthen the bonds between you, but will also enable you to get to know their friends and peers.
9. **Get involved!** Learn more about **The Right Stuff** campaign. Bring the information to your volunteer organization, faith group, and place of employment to help raise awareness in all sectors of your community of the needs and concerns of adolescents. Volunteer your time to mentor a young adolescent. Remember, adolescents need positive role models to help them learn how to develop **The Right Stuff**.

**For information about alcohol, tobacco, and other drugs, make a  
FREE telephone call to the Alcohol and Drug Information  
Clearinghouse at 1-800-648-4444, (TDD 1-402-474-0930).**

